

**GOT SKILLS?**

# **FUTURE FOCUS**



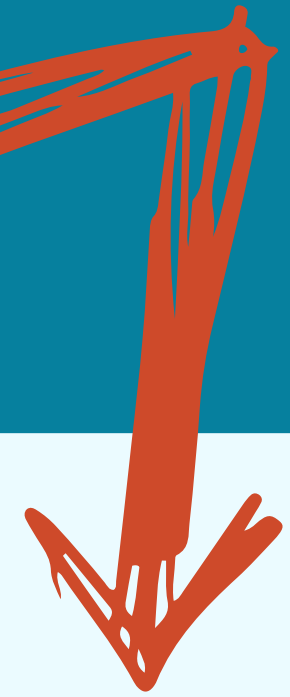
# INTRODUCTION

Today, we will:

- \* Set goals for an award-winning school year.
- \* Reflect on authenticity, vulnerability, and growth mindset.
- \* Create a message to our future selves about what you'll be proud of at the end of this school year.

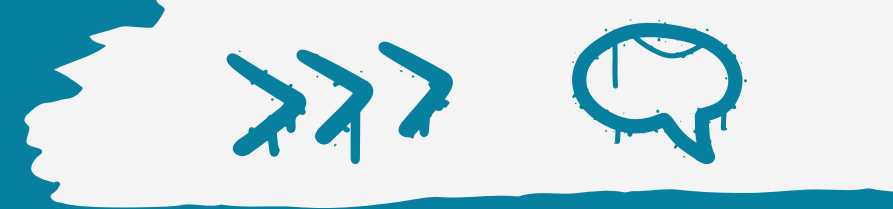


# SEL CONNECTION



Today, we will practice **self-management** by identifying future goals and what they need to do to accomplish them.





# ICEBREAKER

# AIMING HIGH







### AIMING HIGH

List 2 goals or accomplishments you want to achieve by the end of this school year.

*Examples: Make the honor roll, join a team, improve in math, read 10 books, be a better friend*



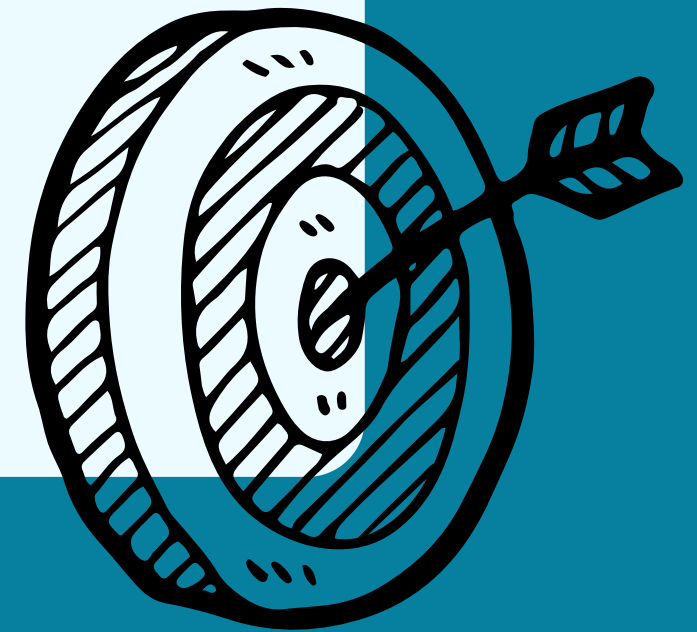
# ICEBREAKER

>>> GET MOVING!



## AIMING HIGH

- 1) Stand up and walk around while music plays.
- 2) When the music stops → pair up with the closest person.
- 3) Share **one goal** with your partner.





### *AIMING HIGH*

#### *DEBRIEF QUESTION*

What did you notice about your goals and your classmates' goals?  
Any similarities?





# LESSON PART ONE

## QUOTE CAROUSEL



# LESSON: PART ONE



DEFINITION



## QUOTE CAROUSEL

What is Authenticity?





# LESSON: PART ONE



## DEFINITION



### QUOTE CAROUSEL

#### AUTHENTICITY

Being real and true to yourself. Don't pretend to be someone else just to fit in.

*Example:* If you love drawing, don't hide it just because your friends love sports.





# LESSON: PART ONE



DEFINITION



## QUOTE CAROUSEL

What is Vulnerability?



# LESSON: PART ONE



DEFINITION



## QUOTE CAROUSEL

**VULNERABILITY**

Letting people see your real feelings, even when it feels a little scary.

*Example:* Saying "I'm nervous before this test" or "That hurt my feelings."



# LESSON: PART ONE



WATCH A VIDEO

## QUOTE CAROUSEL

Watch the video of Doechii becoming a first-time Grammy winner.





# LESSON: PART ONE

>>> GET MOVING!

## QUOTE CAROUSEL

Walk around the room and respond to these prompts:

- What does “Authenticity wins” mean to you?
- Where have you seen vulnerability matter in school?
- Why might a performance (in class, sports, friendships) feel “bigger than you”?

”





# LESSON PART TWO

# MY FUTURE SELF



# LESSON: PART TWO

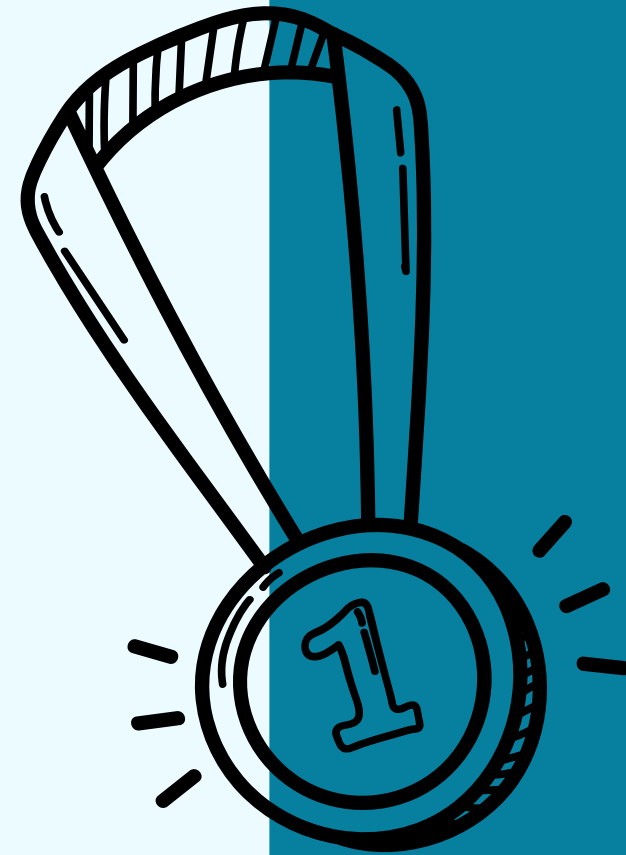


## MY FUTURE SELF

Imagine it's June and you've just had an award-winning school year.

- What are you proud of?
- What obstacles did you overcome?
- How did a growth mindset help you succeed?

Write your "Future Self" message inside your iPhone template.





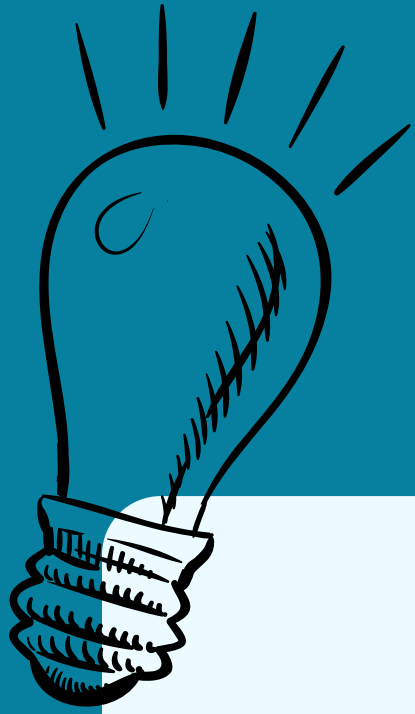


# SEL TIPS





TALK ABOUT IT



## SEL TIP #1

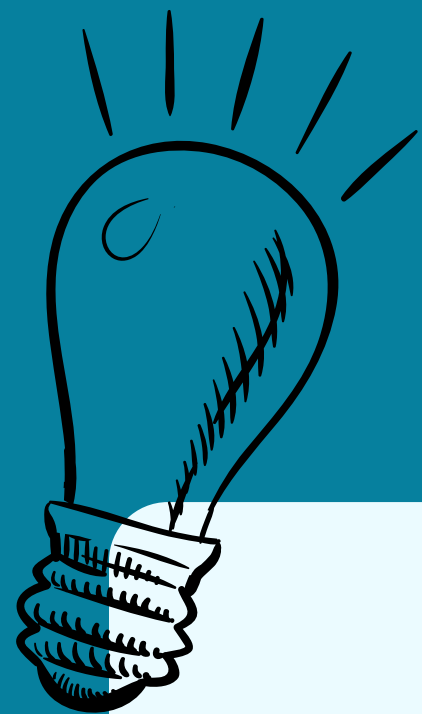
### *BE REAL, EVEN IF IT'S SCARY*

Authenticity wins. Don't hide who you are just to fit in. The things that make you different are the things that make you powerful.





TALK ABOUT IT



## SEL TIP #2

### USE YOUR GROWTH MINDSET

When things get tough, remind yourself: “I’m still learning, and I can get better.” Mistakes aren’t failures—they’re practice.

